

CEC

A close-up photograph of a woven basket filled with a variety of fresh fruits. In the foreground, there are several ripe peaches with orange and red blush, a large pear with green and red skin, and a few dark red cherries. In the background, there are green apples and clusters of purple grapes. The basket is set against a light-colored wooden surface.

COMMUNITY & ENRICHMENT CENTER
WEEKLY NEWSLETTER
AUGUST 27, 2021

ONLINE CLASS: FELDENKRAIS – GENTLE MOVEMENTS FOR LIFE

The Feldenkrais Method® uses gentle movement to help increase your ease and range of motion and improve your flexibility and coordination. Join us to learn more and practice this technique

EATING SEASONALLY

Eating what's in season is healthy and can help you stay on budget while grocery shopping. Fresh produce is always cheaper during its peak months.

RECIPE: EASY WAFFLES

Consider this your new, go-to waffle recipe when you want to start your day off on a sweet note.

WHAT'S HAPPENING?

Find out what's happening at the CEC.

SEPTEMBER MEET AND EAT SCHEDULE



FELDENKRAIS – GENTLE MOVEMENTS FOR LIFE

Date & Time

Mon August 30 | 12:30pm–1:30pm MDT

Location

Online

Description

The Feldenkrais Method® uses gentle movement to help increase your ease and range of motion and improve your flexibility and coordination. Join us to learn more and practice this technique.

Feldenkrais will be offered every Monday.

This class is part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR

Call in with a phone:

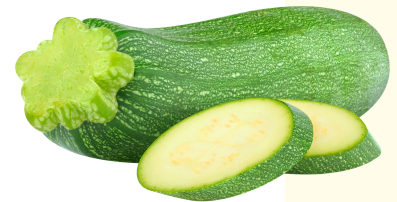
1-646-558-8656

Meeting ID: 170 361 931

WHAT'S IN SEASON

In September

Knowing what is in season can help you decide what to cook for that week's meals or plan ahead for an upcoming party. As well as staying on budget while grocery shopping. Fresh produce is always cheaper during its peak months.



APPLES
ARUGULA
APRICOTS
BEANS
CHERRIES
CORN
CUCUMBERS
FENNEL
FIGS
GRAPES
MANGOES
PEARS
PEPPERS
PEACHES
PLUMS
RASPBERRIES
SUMMER SQUASH
TOMATOES

CHERRY CRISP



Ingredients

For the filling

- 5 cups sweet or sour cherries pitted (about 4 3/4 pounds); fresh or frozen and thawed
- 1/3 cup granulated sugar
- 2 tablespoons cornstarch
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract

For the topping

- 1 cup rolled oats
- 1/3 cup all purpose flour
- 1/3 whole wheat flour
- 1/2 cup lightly packed brown sugar (light or dark)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt
- 1/2 cup unsalted butter (1 stick) melted
- Vanilla ice cream

Directions

1. Place rack in the center of oven and preheat oven to 375 degrees F. Lightly coat a 9×9-inch pan or 11×7-inch baking dish with nonstick spray.
2. Prepare the filling: In a large bowl, gently stir together the cherries, granulated sugar, cornstarch, lemon juice, vanilla, and almond. Pour into the prepared baking dish in an even layer (add any juices that collect on the bottom of the bowl too).
3. Prepare the topping: In a medium bowl, stir together the oats, all-purpose flour, whole wheat flour, brown sugar, cinnamon, and salt. Pour in the melted butter, then stir until the mixture is combined and evenly moistened.
4. Sprinkle the topping evenly over the cherries. Bake for 30 to 40 minutes, or until the filling is bubbly and topping is golden. Let stand 10 minutes. Serve warm topped with vanilla ice cream.

WHAT'S HAPPENING?



SPAGHETTI SUPPER

Join us on September 20th from 5-7pm for a Spaghetti Supper fundraiser for the Senior Center. Adults \$5, kids 12 and Under \$3.

WAITING FOR DUCKLINGS

One of our resident ducks has laid her eggs. Stay tuned weekly for hatchling updates.



TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT

AUGUST 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277



AUGUST 2021 YUMA MEET & EAT



FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIE Calories: 781 Carb: 110.1g Fib: 9.8g Protein: 30.0g Fat: 23.0g Sod: 576mg	3 SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESauce BUTTERSCOTCH BROWNIE BIRTHDAY RECOGNITION Calories: 750 Carb: 113.5g Fib: 9.5g Protein: 31.4g Fat: 22.4g Sod: 864mg	4 SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP SENIOR MEETING Calories: 638 Carb: 89.9g Fib: 11.1g Protein: 37.5g Fat: 16.7g Sod: 883mg	5 LOLOLE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES Calories: 588 Carb: 95.8g Fib: 10.8g Protein: 29.9g Fat: 11.8g Sod: 725mg	6 HAM MASHED POTATOES & GRAVY BEAN MEDLEY OATMEAL ROLL PEAR ORANGE FRUIT CUP CARROT COOKIE Calories: 628 Carb: 93.8g Fib: 10.0g Protein: 26.9g Fat: 18.2g Sod: 1309mg
9 LASAGNA ROTINI CASSEROLE TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD CANTALOUPE CUBES Calories: 694 Carb: 91.2g Fib: 11.5g Protein: 38.1g Fat: 22.8g Sod: 675mg	10 CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg	11 LOLOLE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APPLE SALAD COOKIES W/ RAISINS Calories: 715 Carb: 90.5g Fib: 10.0g Protein: 37.0g Fat: 25.7g Sod: 586mg	12 HOT ROAST BEEF SANDWICH GREEN BEANS & CORN MANDARIN ORANGES W/ BANANA NATURE COOKIE Calories: 722 Carb: 115.0g Fib: 10.8g Protein: 34.3g Fat: 17.4g Sod: 530mg	13 WHITE CHILI W/ CHICKEN SPINACH SALAD ROLL MELON CUP OATMEAL NUT COOKIES Calories: 613 Carb: 81.3g Fib: 10.7g Protein: 30.3g Fat: 20.3g Sod: 565mg
16 SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP OATMEAL NUT COOKIE Calories: 777 Carb: 92.1g Fib: 10.2g Protein: 45.0g Fat: 27.9g Sod: 822mg	17 BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 729 Carb: 97.6g Fib: 10.8g Protein: 37.2g Fat: 23.4g Sod: 864mg	18 SLOPPY JOE SANDWICH POTATO SALAD BROWN BUTTER & DILL BRUSSEL SPS FRESH FRUIT CUP BLOOD PRESSURE Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg	19 LASAGNA TOSSED SALD W/ DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 658 Carb: 90.3g Fib: 11.8g Protein: 34.7g Fat: 21.3g Sod: 635mg	20 CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WW ROLL TROPICAL FRUIT CUP APPLE GRANOLA COOKIE Calories: 806 Carb: 86.6g Fib: 10.0g Protein: 44.0 Fat: 33.0g Sod: 1262mg
23 CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOES CORN FRUIT CUP OATMEAL NUT COOKIES Calories: 644 Carb: 96.9g Fib: 9.8g Protein: 30.2g Fat: 18.3g Sod: 506mg	24 ROAST TURKEY GRAVY YAM APPLE BAKE SPINACH/STRAWBERRY SALAD BRAN MUFFIN MANDARIN ORANGES Calories: 662 Carb: 99.0g Fib: 11.0g Protein: 26.3g Fat: 20.7g Sod: 855mg	25 SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.9g Fat: 23.5g Sod: 433mg	26 CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD STEVED TOMATOES WW ROLL WATERMELON Calories: 600 Carb: 69.2g Fib: 10.4g Protein: 36.8g Fat: 21.8g Sod: 749mg	27 BACON POTATO BREAKFAST BURRIT GREEN CHILI W/ PORK SPANISH RICE TOSSED SALD W/ DRESSING STRAWBERRIES & BANANAS OATMEAL BANANA RAISIN COOKIES Calories: 688 Carb: 92.4g Fib: 9.8g Protein: 27.5g Fat: 24.8g Sod: 749mg
30 HAMBURGER ON A BUN LETTUCE/TOMATO SLICES CALIFORNIA VEGETABLES PEAR SLICES APPLE GRANOLA COOKIES Calories: 767 Carb: 82.8g Fib: 10.1g Protein: 42.8g Fat: 31.3g Sod: 371mg	31 PORK CHOP SUEY BROWN RICE CARROT COINS WW ROLL PINEAPPLE TIDBITS Calories: 641 Carb: 94.5g Fib: 9.5g Protein: 31.4g Fat: 16.9g Sod: 492mg	For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.

MEET AND EAT SEPTEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
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N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

SEPTEMBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal. If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.	SAVORY BAKED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS W/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE SENIOR MEETING 12:00 Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg	CHOICE: CHICKEN SALAD TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 610 Carb: 97.5g Fib: 11.0g Protein: 29.3g Fat: 13.8g Sod: 881mg	SOUTHERN BEEF PIE BEETS CABBAGE TOSS PEAR SLICES BROWNIES Calories: 626 Carb: 86.7g Fib: 9.5g Protein: 30.0g Fat: 20.7g Sod: 485mg
 Happy Labor Day	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD BIRTHDAY RECOGNITION Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg	CHICKEN CROISSANT TUSCANY SOUP SPINACH CAULIFLOWER SALAD PINEAPPLE TIDBITS Calories: 760 Carb: 105.6g Fib: 10.2g Protein: 38.9g Fat: 22.7g Sod: 902mg
	SPAGHETTI W/ MEAT SAUCE MARINATED VEGGIE SALAD GARLIC BREAD PLUMS COOKIE W/ CHOCOLATE CHIPS Calories: 693 Carb: 94.2g Fib: 11.3g Protein: 33.6g Fat: 23.8g Sod: 586mg	CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg	POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATRUE COOKIE Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg	TAHITIAN CHICKEN BROWN RICE BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE Calories: 797 Carb: 98.0g Fib: 9.7g Protein: 45.9g Fat: 26.8g Sod: 449mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP Calories: 694 Carb: 98.3g Fib: 9.7g Protein: 33.4g Fat: 21.6g Sod: 646mg	ROAST PORK MASHED POTATOES W/ GRAVY CONFETTI COLESLAW GREEN BEANS ALMONDINE WW ROLL APRICOT HALVES BUTTERSCOTCH BROWNIE Calories: 844 Carb: 116.0g Fib: 10.1g Protein: 35.1g Fat: 29.3g Sod: 1259mg	CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION DILL PICKLE CHIPS PEAR SLICES Calories: 685 Carb: 83.9g Fib: 12.5g Protein: 44.9g Fat: 21.5g Sod: 795mg	LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	CHOICE: HAMBURGER STEAK BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg	PENNE & CHEESE APPLE CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD Calories: 716 Carb: 98.9g Fib: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.